Upon reflection of the two 5E lessons taught, the “How-To” Exercise Video lesson with 5th grade and the Relay Race Flipgrid presentation with 2nd grade, I determined the students to be engaged in learning about the concepts, active the entire time, and capable of connecting subject areas. The students used the equipment correctly, researched the topic ethically, and took responsibility in their creation of the final product. Changes that would improve the lessons include planning longer instructional time for the lessons and more effective management. The lessons took longer than planned and ensuring the students were proceeding correctly was harder to manage than expected. Overall, objectives were met, the students were engaged, and content was learned.